Lindsey Martin

Expertise Statement

Since I was a little girl I have always been around my family who enjoys cooking and baking. Being around them so much has helped me acquire the skills that it takes to become proficient in the kitchen. Personally, I enjoy baking over cooking because I like to make sweet pastries and desserts. I have found that cooking may sometimes be a little easier than baking because you can come up with different combinations and different amounts of ingredients and it can still come out tasting good.

Baking requires much more precise measuring and exact ingredients rather than substitutions. Although sometimes substitutions can be used for some baking, such as applesauce instead of oil or butter, the recipes always come out the best when using the proper ingredients. When measuring out ingredients for baked items, it is important to measure correctly because each ingredient has a special purpose in the baking process. Once you learn what each ingredient does, it makes it easier to come up with your own recipes.

With cooking, there can be so many different recipes that can be altered and come out tasting better than the original recipe. It is much easier to add more of an ingredient or use less of an ingredient than the recipe calls for with cooking rather than baking. You are adding or taking away ingredients to alter the taste towards your liking but with baking you are adding or taking away ingredients to change how it comes out in the end, for example the consistency of frosting can come out too thick or thin if you don’t add the correct amount of each ingredient.

Cooking began to interest me while watching my family and helping them when I was younger. I learned to cook through my own trials and errors of coming up with my own recipes. I learned what different ingredients to do things when you add them in and how it can alter the end result. Cooking and baking is something that I have grown to love and become better and better at each time I practice.